



COSMIC AWARENESS is the force that expressed itself through Edgar Cayce, Jesus of Nazareth, the Buddha, Krishna, Mohammed, and other great avatars who served as 'Channels' for the 'Heavenly Father', and who speaks again today as the world begins to enter the *New Age* of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through certain carefully trained channels. The information contained herein was received from deep trance states and 'interpreted' by an entity affiliated with C.A.C. This information is for those who inherit the New Age. Awareness tells you not to believe anything, but to question, explore, doubt and discover for yourself what is the truth. Cosmic Awareness only indicates and suggests.



Paul Shockley
Trance-Interpreter

HOW TO OVERCOME

FEAR

(A New Meditation)
From Awareness

COSMIC AWARENESS: (Opening Message)

This Awareness suggests that a meditation to assist entities in overcoming fears, particularly unnecessary fears, will be given.

This Awareness suggests that you may make yourself comfortable, either sitting or lying down, and visualize that which is the fear, or the cause of your fear, before you.

This Awareness suggests that this may be of any nature, such as an interview for a job or a conversation with another entity, or some type of experience which you have developed a kind of fear which you feel is unnecessary and inappropriate in dealing with the situation.

This Awareness indicates that in your dealings with the situation, realizing that you can best deal with this situation without having this fear, it becomes necessary for you to find a method whereby you may overcome the fear within yourself.

This Awareness suggests that you visualize the fear-causing situation before you and, as you see this clearly and have this visualization clearly, experiencing the feeling, that you then begin imagining your body growing larger and larger and larger as the situation becomes smaller and smaller and smaller and more insignificant.

This Awareness suggests that you continue in this until the situation diminishes to the size of a dot. That you then decide you will deal with that dot in a manner that is to your own suiting.

This Awareness suggests that at that point in your meditation that you chant AUM three times and make some type of gesture with the hands as a physical grounding for the attitude which you have developed.

This Awareness wishes entities to understand, for this has been given before, yet many entities may have missed this information; that in dealing with consciousness and magic, (which is the changing of consciousness), that imagery is important. Yet, any change in consciousness needs to be accompanied by a physical action which is set as a deliberate grounding of that new change of consciousness. This physical action can be anything an entity chooses, such as snapping the fingers, blinking the eyes, forming a pattern with the hands, forming a geometrical pattern or symbol with the hands, or whatever else entities may desire, such as stamping a foot or turning in a circle.

This Awareness suggests that this physical grounding is that which transfers the image held in consciousness to the body itself, the physical body, which then allows all of the being to accept this as being a fact.

This Awareness indicates this then engages the subconscious levels of the body into accepting that which the conscious imaging has been given and has experienced.

ED's Note:

The chanting of the AUM three times is used in the Cosmic Awareness Development Classes to summon Awareness. The vibration AUM is a sacred vibration, used for ages by many esoteric groups, and means God.

Awareness has indicated that in crisis situations, an entity can vibrate the AUM three times and very often be protected from whatever is threatening.

There are many different ways that the AUM is vibrated, but Awareness has directed those in the Awareness movement to vibrate it slowly so that it sounds like: Aaaa ooomm.

When done correctly, you can feel your nose vibrating.

If you listen to the Moody Blues LP recording, 'In Search of the Lost Chord' you can get a fairly good idea of how the AUM is vibrated.

This meditation can also be used in conjunction with the Meditation for Protection and Healing Yourself as given in Revelations of Awareness 78-36.

